

# Claims

[c1] What is claimed is:

1. A supplement comprising:  
a carbohydrate blocker and a hangover preventer.

[c2] 2. A supplement according to claim 1 in which said carbohydrate block is Phaseolus Vulgaris.

[c3] 3. A supplement according to claim 1 in which said hangover preventer selected from a group consist of one or more of a set of carbon, vegetable carbon and calcium carbonate.

[c4] 4. A supplement according to claim 1 in which said carbohydrate block is Phaseolus Vulgaris and said hangover preventer consists of one or more of a set of carbon, vegetable carbon and calcium carbonate.

[c5] 5. A supplement according to claim 1 in which are formed in capsules.

[c6] 6. A supplement comprising:  
white kidney bean extract, carbon, and calcium carbonate.

- [c7] 7. A supplement according to claim 6 further comprising having said carbon being vegetable carbon.
- [c8] 8. A supplement according to claim 6 further comprising having Vanadium chelate.
- [c9] 9. A supplement according to claim 6 further comprising having Calcium Carbonate.
- [c10] 10. A supplement according to claim 6 further comprising having Vitamin B-12.
- [c11] 11. A supplement according to claim 6 further comprising having Vitamin B2.
- [c12] 12. A supplement according to claim 6 further comprising having Coenzyme Q10.
- [c13] 13. A supplement according to claim 6 in which are formed in capsules  
14. A supplement according to claim 13 in said capsules are ingested prior to use.
- [c14] A supplement comprising:  
Chromium picolinate, White Kidney Bean Extract (Phaseolus Vulgaris), Vanadium chelate, Calcium Carbonate, Vegetable Carbon, Vitamin B-12, Vitamin B2, and Coenzyme Q10.

- [c15] A supplement according to claim 15 comprising:  
120 mcg of Chromium picolinate, 1000 mg of White Kidney Bean Extract (Phaseolus Vulgaris), 400 mcg Vanadium chelate, 150 mg Calcium Carbonate, 300 mg Vegetable Carbon, 900 mcg Vitamin B-12, 6 mg Vitamin B2, and 100 mg Coenzyme Q10.
- [c16] 17. A supplement according to claim 15 in which are formed in capsules.
- [c17] 18. A supplement according to claim 17 in said capsules are ingested prior to use.